

Abstract

The purpose of this study was to examine the effects of a 6-week training program on the physical fitness and health-related quality of life (HRQL) of sedentary middle-aged women. The participants were randomly assigned to either a control group or an exercise group. The exercise group performed a supervised aerobic and resistance training program three times per week. The control group did not participate in any structured exercise program. Physical fitness measures included maximum oxygen consumption ($\dot{V}O_{2\max}$), peak power output (PPO), and body composition. HRQL measures included the SF-36 Health Survey, which assesses various aspects of health and well-being. Results showed that the exercise group significantly improved their physical fitness and HRQL compared to the control group after 6 weeks of training.

Keywords: Exercise, Physical fitness, Health-related quality of life, Middle-aged women.

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